

**I Claim:**

1. A method of moving a first predetermined epidermal area relative to a laterally spaced, second predetermined epidermal area, the method comprising the steps of:

anchoring an adhesive coated anchoring structure to said first predetermined epidermal area;

coupling a marginal area of said anchoring structure to a marginal area of an elastic member;

coupling an oppositely disposed marginal area of said elastic member to a second adhesive coated anchoring structure;

anchoring said second adhesive coated anchoring structure to said second epidermal area, whereby said first and said second predetermined epidermal areas are moved relative to one another.

2. The method of claim 1 wherein said anchoring structures each include a first side and a second side.

3. The method of claim 2 wherein an adhesive material is located on said first side of said anchoring structures, the first sides further including a plurality of slits having a predetermined shape.

4. The method of claim 3 wherein said predetermined shape of the slits is a U shape.

5. The method of claim 1 wherein said elastic member includes at least one side having a medicinal material thereon.

6. A method of moving a first predetermined epidermal area relative to a laterally spaced, second predetermined epidermal area, the method comprising the steps of:

anchoring a first adhesive coated anchoring structure to said first predetermined epidermal area;

coupling a marginal area of said first

anchoring structure to a marginal area of a first elastic member;

coupling an oppositely disposed marginal area of said first elastic member to a first end of a bandage structure;

coupling a second end of said bandage structure to a marginal area of a second elastic member;

coupling an oppositely disposed marginal area of said second elastic member to a marginal area of a second adhesive coated anchoring structure;

anchoring said second adhesive coated anchoring structure to said second epidermal area, whereby said first and said second predetermined epidermal areas are moved relative to one another.

7. The method of claim 6 wherein said bandage structure includes at least one side having a medicinal material thereon.

8. The method of claim 7 wherein said medicinal material comprises zinc chromate.

9. The method of claim 7 wherein said medicinal material comprises zinc chromate impregnated in a hydrocolloid material.

10. The method of claim 7 wherein said medicinal material comprises an alginate.

11. The method of claim 10 wherein said alginate is selected from the group consisting of calcium alginate and sodium alginate.